



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Full Report (All Nutrients) 09042, Blackberries, raw

Report Date: June 29, 2017 22:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:4% Refuse Description: Caps and spoiled berries

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 144g
<b>Proximates</b>					
Water <a href="#">1</a> <a href="#">2</a>	g	88.15	5	0.776	126.94
Energy	kcal	43	--	--	62
Energy	kJ	181	--	--	261
Protein <a href="#">1</a> <a href="#">2</a>	g	1.39	5	0.059	2.00
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	0.49	5	0.041	0.71
Ash <a href="#">1</a> <a href="#">2</a>	g	0.37	5	0.021	0.53
Carbohydrate, by difference	g	9.61	--	--	13.84
Fiber, total dietary <a href="#">1</a> <a href="#">2</a>	g	5.3	4	1.131	7.6
Sugars, total <a href="#">1</a> <a href="#">2</a>	g	4.88	4	0.685	7.03
Sucrose <a href="#">1</a> <a href="#">2</a>	g	0.07	4	0.000	0.10
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a>	g	2.31	4	0.296	3.33
Fructose <a href="#">1</a> <a href="#">2</a>	g	2.40	4	0.369	3.46
Lactose <a href="#">1</a> <a href="#">2</a>	g	0.00	4	0.000	0.00
Maltose <a href="#">1</a> <a href="#">2</a>	g	0.07	4	0.000	0.10
Galactose <a href="#">1</a> <a href="#">2</a>	g	0.03	4	0.027	0.04
Starch <a href="#">1</a>	g	0.00	2	--	0.00
<b>Minerals</b>					
Calcium, Ca <a href="#">1</a> <a href="#">2</a>	mg	29	5	6.736	42
Iron, Fe <a href="#">1</a> <a href="#">2</a>	mg	0.62	5	0.080	0.89
Magnesium, Mg <a href="#">1</a> <a href="#">2</a>	mg	20	4	1.259	29

Nutrient	Unit	1			1 cup 144g
		Value Per 100	Data points	Std. Error	
Phosphorus, P <a href="#">1</a> <a href="#">2</a>	mg	22	4	0.785	32
Potassium, K <a href="#">2</a>	mg	162	2	--	233
Sodium, Na <a href="#">2</a>	mg	1	2	--	1
Zinc, Zn <a href="#">1</a> <a href="#">2</a>	mg	0.53	3	0.036	0.76
Copper, Cu <a href="#">1</a> <a href="#">2</a>	mg	0.165	5	0.030	0.238
Manganese, Mn <a href="#">1</a> <a href="#">2</a>	mg	0.646	5	0.230	0.930
Selenium, Se <a href="#">2</a>	µg	0.4	2	--	0.6
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	21.0	--	--	30.2
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.020	5	0.000	0.029
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.026	5	0.000	0.037
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.646	4	0.028	0.930
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.276	5	0.025	0.397
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.030	5	0.001	0.043
Folate, total <a href="#">1</a> <a href="#">2</a>	µg	25	5	2.011	36
Folic acid	µg	0	--	--	0
Folate, food	µg	25	5	2.011	36
Folate, DFE	µg	25	--	--	36
Choline, total <a href="#">1</a>	mg	8.5	--	--	12.2
Betaine <a href="#">1</a>	mg	0.3	1	--	0.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE <a href="#">1</a> <a href="#">2</a>	µg	11	4	1.971	16
Retinol	µg	0	--	--	0
Carotene, beta <a href="#">1</a> <a href="#">2</a>	µg	128	4	23.650	184
Carotene, alpha <a href="#">1</a> <a href="#">2</a>	µg	0	4	0.000	0
Cryptoxanthin, beta <a href="#">1</a> <a href="#">2</a>	µg	0	4	0.000	0
Vitamin A, IU <a href="#">1</a> <a href="#">2</a>	IU	214	4	39.416	308
Lycopene <a href="#">1</a> <a href="#">2</a>	µg	0	4	0.000	0
Lutein + zeaxanthin <a href="#">1</a> <a href="#">2</a>	µg	118	4	11.269	170
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">2</a>	mg	1.17	5	0.053	1.68
Vitamin E, added	mg	0.00	--	--	0.00

Nutrient	Unit	1			1 cup 144g
		Value Per 100	Data points	Std. Error	
	g				
Tocopherol, beta <a href="#">1</a> <a href="#">2</a>	mg	0.04	5	0.004	0.06
Tocopherol, gamma <a href="#">1</a> <a href="#">2</a>	mg	1.34	5	0.105	1.93
Tocopherol, delta <a href="#">1</a> <a href="#">2</a>	mg	0.90	5	0.109	1.30
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone) <a href="#">1</a> <a href="#">2</a>	µg	19.8	5	2.080	28.5
<b>Lipids</b>					
Fatty acids, total saturated	g	0.014	--	--	0.020
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.012	--	--	0.017
18:0	g	0.003	--	--	0.004
Fatty acids, total monounsaturated	g	0.047	--	--	0.068
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.044	--	--	0.063
20:1	g	0.004	--	--	0.006
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.280	--	--	0.403
18:2 undifferentiated	g	0.186	--	--	0.268
18:3 undifferentiated	g	0.094	--	--	0.135
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					

Nutrient	Unit	1			1 cup 144g
		Value Per 100 g	Data points	Std. Error	
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
<b>Flavonoids</b>					
Anthocyanidins					
Cyanidin <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a>	mg	99.95	62	6.96	143.93
Petunidin <a href="#">6</a>	mg	0.0	4	0	0.0
Delphinidin <a href="#">6</a>	mg	0.0	4	0	0.0
Malvidin <a href="#">6</a>	mg	0.0	4	0	0.0
Pelargonidin <a href="#">6</a> <a href="#">8</a>	mg	0.5	7	0.25	0.6
Peonidin <a href="#">6</a> <a href="#">8</a>	mg	0.2	5	0.21	0.3
Flavan-3-ols					
(+)-Catechin <a href="#">6</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	37.1	16	24.71	53.4
(-)-Epigallocatechin <a href="#">6</a> <a href="#">9</a> <a href="#">10</a>	mg	0.1	11	0.01	0.1
(-)-Epicatechin <a href="#">6</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a>	mg	4.7	20	0.47	6.7
(-)-Epicatechin 3-gallate <a href="#">6</a> <a href="#">9</a> <a href="#">10</a>	mg	0.0	11	0	0.0
(-)-Epigallocatechin 3-gallate <a href="#">6</a> <a href="#">9</a> <a href="#">10</a>	mg	0.7	11	0.68	1.0
(+)-Gallocatechin <a href="#">6</a> <a href="#">9</a> <a href="#">10</a>	mg	0.0	11	0	0.0
Flavanones					
Hesperetin <a href="#">6</a>	mg	0.0	4	0	0.0
Naringenin <a href="#">6</a>	mg	0.0	4	0	0.0
Flavones					
Apigenin <a href="#">6</a> <a href="#">13</a>	mg	0.0	5	0	0.0
Luteolin <a href="#">6</a> <a href="#">13</a>	mg	0.0	3	0	0.0
Flavonols					
Kaempferol <a href="#">7</a> <a href="#">11</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a>	mg	0.3	15	0.2	0.4
Myricetin <a href="#">6</a> <a href="#">11</a> <a href="#">14</a>	mg	0.7	15	0.67	1.0
Quercetin <a href="#">6</a> <a href="#">7</a> <a href="#">11</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a>	mg	3.6	25	0.7	5.2
Isoflavones					
Daidzein <a href="#">17</a>	mg	0.00	1	--	0.00
Genistein <a href="#">17</a>	mg	0.00	1	--	0.00
Total isoflavones <a href="#">17</a>	mg	0.00	1	--	0.00

Nutrient	Unit	1			1 cup 144g
		Value Per100	Data points	Std. Error	
	g				
<b>Proanthocyanidin</b>					
Proanthocyanidin dimers <sup>3 4</sup>	mg	4.5	7	3	6.4
Proanthocyanidin trimers <sup>3 4</sup>	mg	2.1	7	2.03	3.0
Proanthocyanidin 4-6mers <sup>4</sup>	mg	7.3	4	5.02	10.5
Proanthocyanidin 7-10mers <sup>4</sup>	mg	4.2	4	4.47	6.1
Proanthocyanidin polymers (>10mers) <sup>4</sup>	mg	1.5	4	3.02	2.2

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4e, 2001 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5L, 2001 Beltsville MD

<sup>3</sup>de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages, 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>4</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617

<sup>5</sup>Fan-Chiang H-J., and Wrolstad, R. E. Anthocyanin pigment composition of blackberries., 2005 Journal of Food Science 70 3 pp.C198-C202

<sup>6</sup>Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. Flavonoid content of U.S. fruits, vegetables, and nuts, 2006 J. Agric. Food Chem. 54 pp.9966-9977

<sup>7</sup>Mertz, C., Cheynier, V., Günata, Z., and Brat, P. Analysis of phenolic compounds in two blackberry species (*Rubus glaucus* and *Rubus adenotrichus*) by high-performance liquid chromatography with diode array detection and electrospray ion trap mass spectrometry., 2007 J. Agric. Food Chem. 55 pp.8616-8624

<sup>8</sup>Wu, X., Beecher, G. R., Holden, J. M., Haytowitz, D. B., Gebhardt, S. E., and Prior, R. L. Concentrations of anthocyanins in common foods in the United States and estimation of normal consumption., 2006 J. Agric. Food Chem. 54 pp.4069-4075

<sup>9</sup>Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods., 2000 J. Agric. Food Chem. 48 pp.1746-1751

<sup>10</sup>de Pascual-Teresa, S., Santos-Buelga, C., & Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages., 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>11</sup>Sellappan, S., Akoh, C.C., and Krewer, G. Phenolic compounds and antioxidant capacity of Georgia-grown blueberries and blackberries., 2002 J. Agric. Food Chem. 50 8 pp.2432-2438

<sup>12</sup>Tsanova-Savova, S., Ribarova, F., and Gerova, M. (+)-Catechin and (-)-Epicatechin in Bulgarian fruits., 2005 J. Food Comp. Anal. 18 pp.691-698

<sup>13</sup>Lugasi, A. and Hovari, J. Flavonoid aglycons in foods of plant origin II. Fresh and dried fruits., 2002 Acta Alimentaria 31 1 pp.63-71

<sup>14</sup>Bilyk, A., and Sapers, G. M. Varietal differences in the quercetin, kaempferol, and myricetin contents of highbush blueberry, cranberry, and thornless blackberry fruits., 1986 J. Agric. Food Chem. 34 pp.585-588

<sup>15</sup>Jakobek L., Šeruga, M., Novak, I., and Medvidovi?-Kosanovi?, M. Flavonols, phenolic acids and antioxidant activity of some red fruits., 2007 Deutsche Lebensmittel-Rundschau 103 pp.369-378

<sup>16</sup>Cho, M. J., Howard, L. R., Prior, R. L., and Clark, J. R. Flavonol glycosides and antioxidant capacity of various blackberry and blueberry genotypes determined by high-performance liquid chromatography/mass spectrometry., 2005 J. Sci. Food Agric. 85 pp.2149-2158

<sup>17</sup>Mazur, W. M., Uehara, M., Wähälä, K., and Adlercreutz, H. Phyto-oestrogen content of berries, and plasma concentrations and urinary excretion of enterolactone after a single strawberry-meal in human subjects., 2000 Brit. J. Nutr. 83 pp.381-387